

IN THE CLAIMS:

1. **(Currently Amended)** An actuator, ~~preferably~~ for furniture and comprising a helical spring ~~as (20)~~ having a plurality of windings around a plastic cylindrical element ~~(10) of plastics~~ which is rotatable at least during reversed movement, said helical spring being tightened around the cylindrical element during reversed movement, characterized ~~in that the cylindrical element consisting of plastics has an~~ and a metal insert ~~(12) of metal inside the cylindrical element~~ for carrying off [the] frictional heat generated during the reversed movement.

2. **(Currently Amended)** An actuator according to claim 1, characterized ~~in that wherein~~ the insert [(12)] is connected with cooling faces of metal, ~~preferably other actuator parts consisting of metal.~~

3. **(Currently Amended)** An actuator according to claim 2, comprising a worm wheel ~~(9)~~ and a spindle ~~(2)~~, ~~wherein the connection between these is formed~~ said worm wheel being connected to the spindle by a spline, characterized ~~in that and wherein~~ the spline of the worm wheel is formed in the insert ~~(12)~~ so that there is direct contact between insert ~~(12)~~ and spindle ~~(2)~~.

4. **(Currently Amended)** An actuator according to claim 1, characterized ~~in that it comprises an element (18)~~ including a collar in intimate contact with [the] an outer side of the spring [(20)] for carrying off [the] heat, said element ~~collar~~ being made of a more heat-conducting material than the spring.

5. **(Currently Amended)** An actuator according to claim 4,
~~characterized in that the element (18) collar essentially covers the entire~~
outer side of the spring.

6. **(Currently Amended)** An actuator according to claim 5,
~~characterized in that the element (18) collar is connected with metallic~~
cooling faces, ~~preferably other actuator parts consisting of metal.~~